

*"Sing the blessings  
of the Cornfields!"*

THE  
CORN  
COOK  
BOOK

BY  
ELIZABETH O. HILLER



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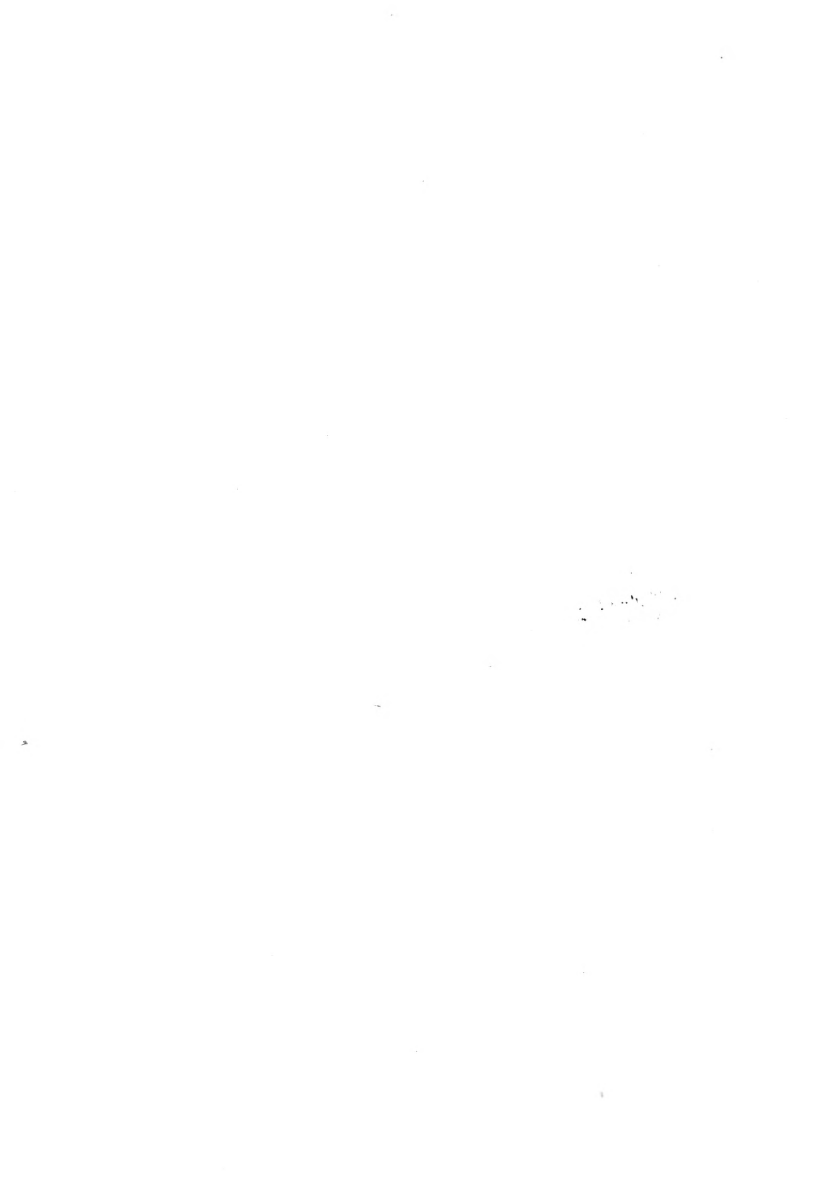
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*“Corn will yet be the spinal column  
of the nation’s agriculture.”*

—JAMES G. BLAINE.

# The Corn Cook Book



Compiled, Arranged and  
Published by

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# PREFACE

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IN compiling this little Corn Cook Book, my chief aim has been to awaken a greater interest among the housekeepers and cooks of this country in the Food Value of Corn and Corn Products. I have therefore created some new recipes, revised many old ones, formerly used in New England by our forefathers and elsewhere in the United States.

Personally, I have for years been very much interested in the preparation of this most valuable cereal. Regardless of the fact that corn is a native of America and is grown in every state in the Union, and some of the foods prepared from it are known as our "National dishes," many of our young American housewives of today do not seem to appreciate its true value as a "human food." That corn is not used by the modern housewife as extensively as it should be, is doubtless due to the prejudice existing among many people against cooking corn, owing to the time involved and its heating qualities. Others insisting that it is only to be eaten in cold weather. This is all a grave error. This cereal must be well cooked; long slow cooking improves its flavor, and increases its digestibility. The process of milling corn in this century is vastly different from the "old or Southern Milled Corn," the germ and hull, or crude fibre, is all removed. The former was the great "heat producer," and too, when left in the meal lessened its keeping qualities. The meal would become rancid and infested with vermin. As it

is milled today all of this is eliminated. Coming in contact with thousands of housewives in my professional life, I have learned of this lack of interest in the cooking of cereals, and especially corn or hominy.

Fully realizing the positive need of a more wide-spread knowledge of its food value and preparation, I set to work to write the "Corn Cook Book," when to my delight the "National Corn Exposition" came into existence. The Corn Kitchen was assigned to my care and management and of course the Corn Cook Book, must needs be completed. I have therefore spent months experimenting with the corn products, making the new creations, testing the old recipes, which had been sent to me from East, West, North and South, especially East and South, hoping that I might awaken the "old time" interest in its use. Corn pone with crisp bacon, hominy and fried salt pork are just as toothsome today as they were years ago. The Philadelphia Scrapple and Pannhaus, both old-time Pennsylvania dishes, Boston brown bread, etc., are appetizing, inexpensive and wholesome foods, and many others too numerous to mention here.

The story of the origin of corn, its cultivation, milling commercial and food value, is most attractively told by the United States Department of Agriculture in "Farmers' Bulletin No. 298," "Food Value of Corn and Corn Products." This bulletin should be found in every home in this country; it was a great inspiration to me.

I have endeavored to incorporate in this little book the simple, inexpensive and substantial dishes, some of the richer creations, then the more delicate custards, creams, etc., finally trying to exhaust the possibilities of sweet green corn, closing the little volume with Corn Balls and Popcorn Brittle. In

arranging this compilation of delectable dishes, I trust I have succeeded in giving to the housewives, into whose hands this book may fall, some valuable information, as well as many simple, wholesome dishes, which will aid her in giving variety to the daily menus, also supplying a food which ranks in food value with wheat, at the lowest possible cost.

To the housewives and cooks of America (the greatest corn growing country in the world), I most graciously dedicate this little volume, "The Corn Cook Book."

Faithfully yours,

MRS. ELIZABETH O. HILLER.

## HOW TO MEASURE INGREDIENTS.

It is absolutely necessary to measure all ingredients correctly to insure success in cooking.

Satisfactory results have been attained, occasionally, by those of long experience and good judgment in measuring by sight; but when failures are made, discouragement follows and, too, habits of wastefulness are acquired by this "hit or miss" method. The majority of people need a definite system of measurements which, when carefully followed, must yield good results. Granite, glass and tin measuring cups, divided in thirds and quarters, holding one-half pint, table and teaspoons of regulation size, a common case knife, all of which may be purchased at any kitchen furnishing store, are among the essential articles for measuring correctly. Flour, meal, powdered sugar, soda, mustard, ginger, baking powder, and all ingredients which stand in boxes, settle and sometimes harden in lumps, should be crushed and sifted before measuring. A cupful is a half-pint cup filled, and leveled with a knife.

### *TO FILL A MEASURING CUP, A TABLE OR TEASPOON.*

Toss the dry ingredients lightly into a measuring cup, heap it slightly, and level it with a knife. Shortening, such as butter, lard and other fats, are packed solidly into both cup and spoon, and leveled with a knife. A tablespoon is measured level. A teaspoon is measured level.

In measuring with either tea or tablespoon, dip the spoon into the material, fill it, lift, and level with a case knife, turning sharp edge of blade toward handle of spoon. Divide with the knife, lengthwise of bowl of spoon for a half, divide the half crosswise for a quarter and the quarter crosswise for an eighth. When less than an eighth is called for use a few grains. A tablespoon of correct size should hold three level teaspoons. A teaspoon should hold sixty drops of liquid.

### *Measuring Liquids.*

A cup of liquid is an even cupful or all the cup will hold. Tablespoon and teaspoonful is all the spoon will hold. When the following ingredients are called for in a recipe, measure the dry, fats and liquids in the order given, thereby making one cup serve the purpose of all.

### *To Combine Mixtures.*

Use an earthen mixing bowl of ample size for mixing cakes, batters and doughs. Mix with a wooden spoon. Measure all ingredients correctly; mix and sift the flour, baking powder, spices, etc., before measuring.

Count out the desired number of eggs, selecting those of uniform size, especially if a cake is to be made. Break each egg separately over a cup; that there may be no loss should a stale one chance to be one of the number.

Separate the whites from the yolks when so specified. Eggs are beaten three degrees of lightness. They are "*slightly* beaten" when whites and yolks, beaten together, will run from the tines of a fork. They are "*lightly* beaten," when beaten thick, very light and a lemon tint.

Whites are beaten alone stiff and dry.

Measure butter and liquid as suggested in the foregoing. Having everything in readiness, the mixing and baking of these mixtures may be quickly done.

## TIMELY SUGGESTIONS.

Milk should always be scalded over hot water. Water should be boiling rapidly when cooking corn meal, Pearl or Granulated Hominy. The water should be seasoned before adding the meal.

Long, slow cooking develops the flavor of corn meal or hominy.

If prepared for slicing cold or for frying, pour mixture into a granite pan previously wet with cold water, set aside until cold and solid.

Turn out on a moulding board and cut in half inch slices, saute in hot, well greased spider or griddle.

Tin or Russia pans, if used for this purpose, will rust or darken the porridge.

## MOTIONS USED IN MIXING INGREDIENTS.

Three motions are considered in mixing batters, doughs and other ingredients, namely: stirring, beating, cutting and folding.

**STIRRING**, is a rotary motion ordinarily used in all cookery. It is to thoroughly mix the ingredients.

**BEATING**, is turning the ingredients over and over to thoroughly mix, and at the same time incorporating air into the mixture. With each beating motion the spoon is brought constantly in contact with the bottom of the dish, bringing the contents over the top folding them in again. Beating is used in combination with stirring.

**CUTTING** and **FOLDING**, is introducing one ingredient into a mixture, one or the other being the lighter of the two. This is accomplished with the cake spoon, making vertical cuts downward and turning mixture over, allowing the bowl of the spoon to bring the contents of the bottom of the dish over the top then folding them in again. The spoon turns entirely around in one's hand in making this motion. Repeat this motion alternately with beating until mixtures are thoroughly blended. Lightly beaten whites of eggs are cut and folded into cake mixtures, etc.

## NOTE.

THE FOREGOING INSTRUCTIONS MUST BE CAREFULLY FOLLOWED; THE INGREDIENTS CALLED FOR IN THE RECIPES MUST BE USED, IF YOU WOULD HAVE SUCCESS IN USING THE RECIPES INCORPORATED IN THIS LITTLE BOOK.

## PART I

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*“Aye, the Corn, the Golden Corn,  
Within whose yellow heart there is  
Of life and strength for all the nation!”*

### HASTY PUDDING.

*(Corn Meal Mush.)*

Put one quart of boiling water in top of the double boiler, add one and one-half teaspoons salt, mix two cups yellow or white corn meal, and one tablespoon flour, with two cups of cold milk, stir this slowly into the boiling water, boil five minutes, stirring constantly, then place vessel over hot water, let cook an hour or two, stirring occasionally to prevent mush from lumping. The longer it steams the more delicious the flavor, serve with milk or cream. If white and yellow corn meal is made into “Hasty Pudding” in separate vessels, then packed in alternate layers in a brick-shaped mold, then sliced cold and served with cream, it makes a very attractive dish.

### FRIED HASTY PUDDING.

*(Corn Meal Mush.)*

Prepare as corn meal mush; pack solidly in a wet granite brick-shaped bread pan; when cold cut in three-quarter inch slices; either dip in flour and fry in hot fat or fry without dipping; brown richly on one side, then turn and brown on the other. These slices may be dipped in egg and fine cracker crumbs, and fried in deep, hot fat. Serve with crisp bacon.

## CORN MEAL "DABS" OR DODGERS.

2 cups fine white corn meal	½ teaspoon salt
1 tablespoon sugar	3 tablespoons rich milk
2 eggs	Boiling water
1 teaspoon butter or lard	

*Process:* Mix and sift corn meal, salt and sugar; add sufficient boiling water to wet the meal, but not to make it soft; add butter and milk; when cold add the yolks, beaten very light; then cut and fold in the whites beaten stiff. The batter should drop readily from the spoon, but not thin enough to pour nor stiff enough to be scraped from the bowl. Shape in oval cakes, and lay in a hissing, hot, well-greased dripping pan, and bake in a very hot oven until brown and puffed; split, butter and serve with fried salt pork with cream sauce.

## HOE CAKE.

1 cup white corn meal	½ teaspoon salt
1 teaspoon maple sugar or syrup	Scalded milk or boiling water

*Process:* Mix the first three ingredients and pour over them sufficient scalded milk or boiling water to make the mixture thick enough not to spread, when put on the griddle. Grease a hissing hot griddle with fat salt pork; drop mixture from a large spoon, pat to one half inch thickness, cook slowly until well browned, put a small bit of butter on top of each cake, turn and brown on top side. Add more fat to griddle if necessary. It will do them no harm to cook a long time, if they are not allowed to scorch. Serve, when thoroughly cooked, with butter and Syrup.

## CORN DODGERS.

1 quart corn meal	1 teaspoon salt
2 tablespoons maple sugar or syrup	2 tablespoons lard
	Scalded milk and water

*Process:* Add salt, sugar and lard to corn meal; mix well, and pour over enough boiling water to make a batter to drop from tip of spoon; they should be an inch thick in the center



and flatten slightly into oval cakes. Beat the batter five minutes before dropping them into a hot, well greased dripping pan. The maple sugar or syrup improves the flavor and makes the dodgers brown more richly.

### INDIAN BANNOCKS.

1 cup corn meal	2 cups scalded milk
1 teaspoon maple syrup or sugar	2 eggs
1 teaspoon salt	

*Process:* Add corn meal to scalded milk, add syrup, and salt; cool and add yolks beaten very lightly, then the whites beaten stiff. Bake in shallow pudding dish, well greased, in very hot oven, twenty-five minutes. Serve in pudding dish.

### GRIDDLE JOHNNY CAKES.

2 cups yellow or white corn meal	1 tablespoon sugar
1 teaspoon salt	Boiling water
	Cold milk

*Process:* Add salt to corn meal, pour on boiling water to form a thick drop batter, add maple syrup and sufficient cold milk to make a thick pour batter. Drop by tablespoons on a well greased hot griddle and cook as griddle cakes. Serve immediately.

### INDIAN MEAL FLAPJACKS.

2 cups yellow corn meal	1 tablespoon sugar
½ teaspoon salt	Scalded milk
2 eggs	Cold milk
1 teaspoon butter	

*Process:* Mix and sift corn meal, salt and sugar, add sufficient scalded milk to moisten meal, add butter when cool, add eggs well beaten, and cold milk enough to make a thin batter. Cook on well greased hissing hot griddle as griddle cakes.

## CORN PONE.

To one quart of white corn meal (southern milled) add one and one-half teaspoons salt, one tablespoon melted lard, and sufficient scalded milk and boiling water (equal parts) to make a mixture that can be molded with the hands into oblong cakes six inches long, three inches wide and one inch thick; they should be thin on the edges and ends. Before molding them the mixture should be worked well with the hands, then shape cakes, place them on a hot well greased tin sheet, brush over with melted butter or milk and bake twenty-five minutes in a hot oven. When done, split each one, butter and lay a thin slice or two of crisp bacon on each. Serve immediately.

## POLENTA.

2 cups boiling water	1 teaspoon salt
1 cup yellow corn flour	5 tablespoons grated cheese
2 cups cold water	

*Process:* Mix the flour with cold water and stir slowly into boiling water, add salt, stirring constantly until mixture begins to boil, then occasionally; let cook slowly over a slow fire for one hour. When half cooked add butter and cheese. Serve hot with sauce given below. This mixture may be turned into a shallow pan previously wet with cold water, chilled, then cut in squares, dipped in flour, egg and crumbs, and fried in deep fat. Serve with tomato sauce.

## MUSHROOM SAUCE FOR POLENTA.

Slice six mushrooms (if dried mushrooms are used soak them several hours in cold water), chop fine one small onion and one clove of garlic. Cook mushrooms, onion and garlic in one half cup butter, until a gold brown, add one-half cup brown stock or hot water in which one teaspoon beef extract is melted, simmer five minutes, strain and serve.

## INDIAN MEAL BLOCKS.

Follow recipe for Hasty Pudding. Turn mixture into a shallow granite dripping pan, previously wet with cold water. When cold, turn out on molding board, cut in uniform blocks two inches square, dip each one in flour, egg and cracker meal, place in croquette basket and fry a rich brown in deep fat. Serve as a vegetable with roast pork, pork tenderloin, etc.

## CORN MEAL GRUEL.

2 tablespoons corn meal	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 cups boiling water

*Process:* Mix corn meal, salt and milk, add boiling water, stirring constantly until mixture is free from lumps. Pour into a double boiler and cook over hot water two and a half hours.

## PANNHAUS.

2 quarts boiling water	2 cups corn meal
$\frac{1}{2}$ pound liver sausage	Salt and pepper
1 cup buckwheat flour	

*Process:* Put two quarts of water in an iron pot; place on range, bring to boiling point and add buckwheat flour, mixed with one cup of corn meal; remove the casing from sausage, break into small pieces and add to porridge, stirring constantly that mixture may be smooth; add remaining corn meal slowly, continue stirring; season to taste with salt and pepper.

Remove pot to back of range and simmer two hours. Pour into granite pan, previously wet with cold water. When cold slice and cook as Fried Corn Meal Mush.

## PHILADELPHIA SCRAPPLE.

Have your butcher clean a pig's head, and split it in halves. Put it into stock pot and cover with boiling water;

cook until meat falls from the bones. Remove the meat, strain the liquor and set aside to cool; remove most of the fat, all gristle and bones; chop meat fine. Remove fat from liquor, place on range, bring to boiling point, add meat and one pound of beef liver, previously parboiled ten minutes, and cut in very small pieces; season with salt, pepper and sage to taste. Add one cup of buckwheat, mixed with one cup of cornmeal, letting it slip through the fingers of the left hand while you stir briskly with the right; thicken with cornmeal until mixture is the consistency of corn meal mush; stir until free from lumps. Remove to back of range and simmer two or three hours. Use a heavy vessel to cook the mixture in. This lessens the danger of scorching.

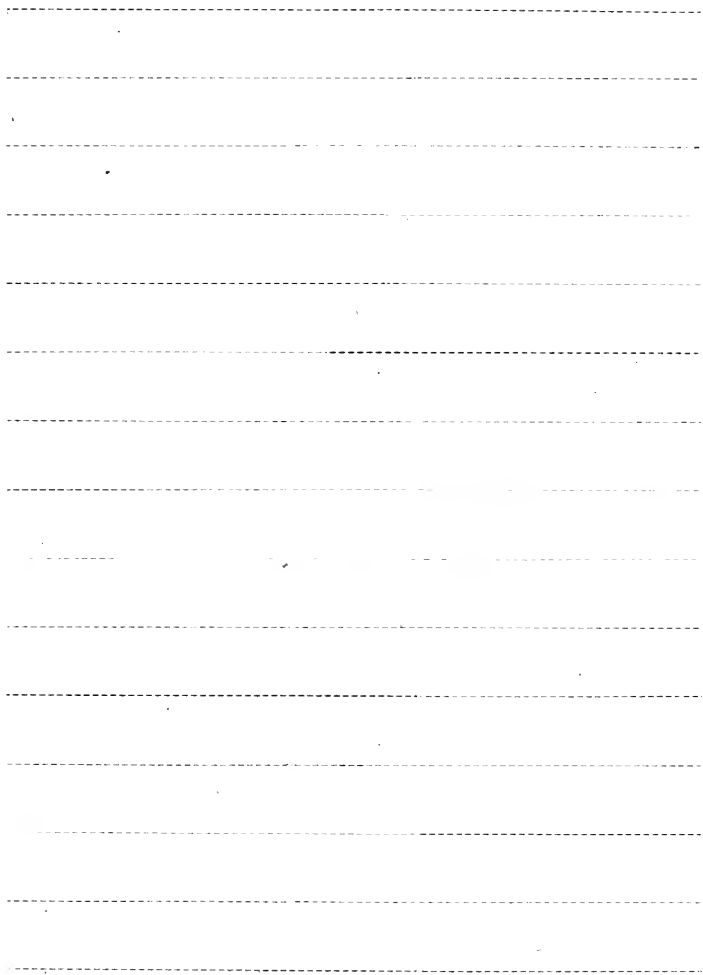
Pour mixture into brick shaped bread pans previously wet with cold water. When cold, cut in half-inch slices and saute in a well greased hot spider; brown on both sides. Serve for breakfast or luncheon. This is an inexpensive dish, and is highly nutritious, and will keep several weeks in cold weather.

## HULLED CORN.

Tie a quart of hard wood ashes (oak ashes are preferable) in a flannelette bag, and put it in a large kettle, add three gallons of cold water. Let it boil and become lye. When the right stage of boiling has been reached water will look black.

Put into this four quarts of hard yellow or white corn, and boil until the hulls have all started to loosen. Stir it well with a wooden mush paddle, then pour it into a large dishpan of cold water and rub with the hands thoroughly to loosen and remove all the hulls. Change the water six times, washing and rubbing the kernels until they are white and clean.

Soak in cold water over night; in the morning drain, add fresh cold water to cover; and simmer four hours or until corn is tender; skim off hulls and scum from water when necessary, and add freshly boiled water as it evaporates during simmering; drain and serve hot or cold with pepper, salt and butter, or with cream and sugar.



## PART II

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*"Called the young men and the maidens  
To the harvest of the cornfields,  
To the husking of the maize-ears."*

### BOSTON BROWN BREAD.

1 cup corn meal	1 teaspoon salt
1 cup rye meal	$\frac{3}{4}$ cup N. O. molasses
1 cup Graham flour	2 cups sour milk, or $1\frac{3}{4}$ cups
$2\frac{1}{2}$ teaspoons soda	of sweet milk or water

*Process:* Mix and sift the dry ingredients, add the molasses and milk, beat thoroughly, turn into well buttered molds, and steam three and one-half hours. The covers should be buttered before being placed on molds, and tied down with a string if they do not lock. Remove covers when done, and set molds in oven to dry off top of loaves.

### BOSTON BROWN BREAD WITH FRUIT.

Follow recipe for Boston Brown Bread, adding three-fourths cup seeded and shredded raisins, add these to the dry ingredients, then continue as in foregoing recipe.

### STEAMED BOSTON BROWN BREAD WITH CREAM.

1 cup rye meal	$\frac{1}{2}$ cup N. O. molasses
1 cup corn meal	2 eggs
1 teaspoon salt	$1\frac{1}{2}$ cups thin cream

*Process:* Sift the dry ingredients together, add molasses, yolks of eggs beaten very light, the cream and lastly fold in the whites of eggs beaten stiff. Pour mixture into butter mold, steam three hours, then bake one hour in a moderate oven.

## JOLLY JOE.

2 cups corn meal	2 cups sour milk
2 cups flour	1 teaspoon soda
1 teaspoon salt	2 tablespoons hot water
1 cup N. O. molasses	

*Process:* Mix and sift corn meal, flour and salt; add molasses, sour milk, beat thoroughly, then add soda dissolved in hot water. Turn into well buttered mold, cover closely and steam six hours.

Two-thirds of a cup of seeded raisins may be added to this mixture, which is a great addition if you like the fruit brown bread.

## CORN FLOUR BREAD.

2 cups boiling water	1 compressed yeast cake
2 tablespoons lard	$\frac{1}{4}$ cup lukewarm water
4 tablespoons sugar	3 cups corn flour
2 teaspoons salt	5 cups white flour

*Process:* Put lard, sugar and salt in mixing bowl; pour on gradually hot water. When luke warm add yeast cake dissolved in warm water. Sift corn flour with four cups flour, add the fifth cup if needed, turn on well floured board, knead dough until smooth and elastic to touch. Return to bowl, cover, and set to rise in a warm place ( $68^{\circ}$  to  $70^{\circ}$  F.). When double in bulk, cut down and knead slightly, without removing from bowl; set to raise again; when double in bulk, turn on to a well floured board, knead slightly, divide dough into two equal parts, shape into loaves. Let rise again and bake one hour in a "bread oven" ( $360^{\circ}$  to  $400^{\circ}$  F.). When baked remove from pans to cake-cooler, cover until cool, when it will be ready for use. This is a most delicious and wholesome bread.

## OLD FASHIONED BAKED BROWN BREAD.

2 cups boiling water	2 compressed yeast cakes
4 cups corn meal	$\frac{1}{2}$ cup lukewarm water
2 cups rye meal	1 teaspoon salt
1 cup molasses	Hot milk or water

*Process:* Stir boiling water into corn meal. When luke warm

add rye meal, molasses and yeast cakes dissolved in luke warm water, add salt and sufficient warm water or milk to make firm dough; beat until well mixed and smooth. Turn mixture into a well buttered iron Brown Bread pan; set to rise in a warm place; when light, bake in a slow oven two hours and a half. Cover vessel first half hour of cooking.

## CORN BREAD.

### *New Orleans Recipe.*

2 cups white corn meal	2 tablespoons melted butter
$\frac{1}{2}$ cup flour	2 cups sour milk
$\frac{1}{2}$ cup molasses or sugar	1 teaspoon soda
1 teaspoon salt	2 eggs

*Process:* Mix and sift corn meal, flour and salt, add molasses and butter, the sour milk, and eggs beaten very light, then the soda dissolved in two tablespoons hot water. Beat mixture thoroughly; bake slowly forty-five minutes in a well greased, not very shallow pan.

## SWEET CORN BREAD.

$1\frac{3}{4}$ cups flour	1 teaspoon salt
$\frac{3}{4}$ cup corn meal	2 eggs
$\frac{1}{4}$ cup melted butter	1 cup milk
$\frac{1}{2}$ cup sugar	4 teaspoons baking powder

*Process:* Sift flour, corn meal, salt and baking powder together. Add sugar and melted butter, add milk and beat batter thoroughly. Beat the eggs thick and light, fold carefully into first mixture. Turn into well buttered shallow pan, bake twenty minutes in a hot oven. This mixture may be baked in hissing hot iron gem cups.

## APPLE JOHNNY CAKE.

2 cups white corn meal	1 teaspoon cream tartar
2 tablespoons sugar	$1\frac{3}{4}$ cups milk
$\frac{1}{2}$ teaspoon salt	3 tart apples pared and sliced
1 teaspoon soda	Cinnamon and sugar

*Process:* Mix the first six ingredients in the order given, beat thoroughly, add apples, mix well. Pour into a well buttered shallow cake pan and bake thirty minutes in hot oven,



## DAINTY SPOON CORN BREAD.

$\frac{1}{4}$ cup corn meal	$\frac{1}{2}$ teaspoon salt
1 teaspoon butter	3 eggs
2 teaspoons sugar	2 cups scalded milk

*Process:* Stir meal into scalded milk, add salt and let cook until mixture is slightly thickened, add butter and sugar; add yolks beaten very lightly, lastly cut and fold in the whites of eggs beaten stiff. Pour into buttered pudding dish, bake thirty minutes in hot oven. Serve from baking dish with spoon.

## SOUTHERN SPOON CORN BREAD.

Pour two cups boiling water over one cup corn meal, cook five minutes, stirring continually. Add one tablespoon butter, two eggs well beaten, one cup milk, one teaspoon salt; beat thoroughly, pour into a well greased baking dish and bake thirty-five minutes in hot oven. Serve from the dish in which it is baked with a tablespoon.

## VIRGINIA SPOON CORN BREAD.

$\frac{1}{2}$ cup granulated cooked hominy	3 eggs
1 teaspoon salt	$1\frac{1}{2}$ cups milk
2 tablespoons lard	2 cups corn meal
2 tablespoons butter	2 teaspoons baking powder

*Process:* Add shortening and salt to hot hominy, add corn meal sifted with baking powder, alternately with milk; mix well. Beat eggs very light, add to first mixture and beat vigorously. Pour into a well buttered pudding dish, bake in hot oven forty-five minutes. Serve in baking dish with spoon.

## OLD VIRGINIA BATTER BREAD.

2 cups corn meal	$\frac{1}{2}$ cup sugar
4 cups scalded milk	3 eggs
1 teaspoon salt	

*Process:* Stir corn meal into scalded milk and cook to a mush, add salt and sugar, cool; add yolks of eggs beaten very

light, cut and fold in whites beaten stiff, melt two tablespoons butter or lard in baking pan, turn in mixture and bake forty-five minutes in a bread oven (360° to 400° F.).

### RICH CORN CAKE.

¾ cup corn meal	1 teaspoon salt
1 cup white flour	1 cup thin cream
4 teaspoons baking powder	2 eggs
4 tablespoons sugar	1 tablespoon melted butter

*Process:* Mix and sift the dry ingredients, add cream slowly, beating continually, add melted butter and eggs beaten very light. Pour mixture into a shallow well buttered pan and bake twenty minutes in a hot oven.

### WHITE CORN MEAL CAKE.

4 tablespoons butter	1¼ cups flour
⅓ cup sugar	4 teaspoons baking powder
1½ cups milk	1 teaspoon salt
1¼ cups white corn meal	Whites 3 eggs

*Process:* Cream the butter, add the sugar gradually, sift the dry ingredients together twice and add to first mixture alternately with milk. Beat whites of eggs until stiff; cut and fold them into mixture. Bake in shallow buttered pan twenty-five minutes.

### SPONGE CORN CAKE. No. 1.

½ cup corn meal	2 egg yolks beaten light
1 cup flour	1 tablespoon melted butter
½ teaspoon salt	1 cup rich sour milk
½ teaspoon soda	White 1 egg beaten stiff
5 tablespoons sugar	

*Process:* Sift the dry ingredients together, add butter, yolks well beaten and sour milk; lastly fold in the white of egg beaten stiff. Bake in well greased shallow pan in hot oven thirty minutes.

## SPONGE CORN CAKE. No. 2.

1 cup corn meal	1 tablespoon melted butter
$\frac{1}{2}$ cup flour	4 tablespoons sugar
$\frac{1}{2}$ teaspoon salt	2 egg yolks
$\frac{1}{2}$ teaspoon soda	1 white of egg
1 teaspoon cream tartar	$1\frac{1}{4}$ cups sweet milk

*Process:* Sift the dry ingredients together, add butter, egg yolks and milk; mix well and lastly cut and fold in the white of egg beaten stiff. Bake in well greased brick shaped bread pan thirty minutes.

## SPIDER CORN CAKE.

$\frac{3}{4}$ cup corn meal	$\frac{1}{2}$ cup sweet milk
$\frac{1}{4}$ cup flour	1 egg well beaten
2 tablespoons sugar	$\frac{1}{2}$ cup sour milk
1 teaspoon salt	2 tablespoons melted butter
1 teaspoon soda	$\frac{1}{2}$ cup sweet milk

*Process:* Sift together, corn meal, flour, sugar, salt and soda. Add half cup sweet milk and egg well beaten. Add sour milk and butter. Mix thoroughly, and pour into well buttered hot spider. Pour half cup sweet milk carefully over the top of corn cake. Cook ten minutes on top of range and twenty minutes in the oven.

## THIN CORN CAKE.

1 cup yellow corn meal	2 teaspoons baking powder
$\frac{1}{4}$ cup sugar	1 egg
$\frac{1}{2}$ teaspoon salt	1 cup milk
1 cup flour	1 tablespoon melted butter

*Process:* Mix in order given and bake in a well greased shallow, square pan, spreading the mixture thick enough to half fill the pan.

## MOLASSES CORN CAKE.

1 cup corn meal	$\frac{1}{4}$ cup N. O. molasses
$\frac{3}{4}$ cup flour	$\frac{3}{4}$ cup thin cream
$3\frac{1}{2}$ teaspoons baking powder	1 egg lightly beaten
1 teaspoon salt	

*Process:* Sift the dry ingredients together, add molasses

to cream, mix well and add to dry ingredients, beat thoroughly, add egg, beat again, and bake in buttered shallow pan in hot oven twenty minutes.

### CORN MUFFINS.

1 cup yellow corn meal	4 tablespoons butter
1 cup flour	4 teaspoons baking powder
4 tablespoons sugar	$\frac{3}{4}$ teaspoon salt
$1\frac{1}{4}$ cups sweet milk	2 eggs beaten separately

*Process:* Cream the butter; add sugar gradually to lightly beaten yolks; sift together corn meal, flour, salt and baking powder, and add alternately with milk. Fold in the lightly beaten whites. Bake in hot buttered iron gem cups, twenty-five minutes.

### CORN MEAL MUFFINS WITH RICE.

$\frac{2}{3}$ cup scalded milk	2 tablespoons sugar
$\frac{1}{2}$ cup corn meal	3 teaspoons baking powder
$\frac{1}{2}$ cup hot cooked rice	1 tablespoon melted butter
$\frac{1}{2}$ cup flour	1 egg
1 teaspoon salt	

*Process:* Pour scalded milk on corn meal, let stand five minutes. Add hot rice and mix thoroughly with the tips of fingers, add flour sifted with salt, and baking powder, sugar and melted butter, the yolk of egg beaten light; lastly cut and fold in the white beaten stiff. Bake in well buttered hot, iron gem cups, twenty minutes in hot oven.

### CORN MEAL SPONGE MUFFINS.

$\frac{1}{2}$ cup corn meal	4 tablespoons sugar
1 cup scalded milk	$\frac{1}{4}$ cup flour
1 tablespoon butter	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	2 eggs

*Process:* Add corn meal to scalded milk, add butter and salt; let cook until thickened, cool; add sugar and eggs beaten very light, flour sifted with baking powder; beat two minutes. Pour into hot buttered iron gem cups and bake twenty minutes in hot oven.

## CREAM CORN MEAL GEMS.

$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ teaspoon salt
1 cup flour	$\frac{3}{4}$ cup cream
3 teaspoons baking powder	1 egg lightly beaten
2 tablespoons sugar	

*Process:* Mix and sift the dry ingredients; add cream gradually, the egg, beat well; bake in buttered gem cups twenty-five minutes in a hot oven. If a plainer gem is desired, use milk in place of cream and add one tablespoon melted butter.

## POPPETS.

1 cup corn meal	1 tablespoon melted butter
1 cup flour	4 teaspoons baking powder
1 tablespoon sugar	2 cups milk
1 teaspoon salt	1 egg

*Process:* Mix and sift the dry ingredients, add butter, egg beaten very light, and added to milk; stir into first mixture and beat batter three minutes. Pour into hissing hot well greased gem cups and bake in hot oven thirty minutes.

## CORN MEAL POPOVERS.

2 cups scalded milk	$\frac{1}{2}$ teaspoon salt
1 cup corn meal	3 eggs beaten very light
1 tablespoon butter	

*Process:* Stir corn meal into hot milk, add butter and salt, cool slightly and add eggs, beat mixture two minutes and turn into hissing hot well greased iron gem cups; bake thirty-five minutes in a hot oven; strongest heat must come from bottom.

## "PETE'S" CORN MEAL GRIDDLE CAKES.

2 cups corn meal	$1\frac{1}{2}$ teaspoons soda
1 cup flour	$2\frac{1}{2}$ cups buttermilk or loppered milk
2 eggs well beaten	
1 teaspoon salt	

*Process:* Mix and sift corn meal, flour and salt, add eggs, mix well. Dissolve soda in milk; add to first mixture.

Beat thoroughly and fry at once. If allowed to stand too long mixture thickens; may be thinned by adding more milk. The sour milk must be rich. Butter milk is best for this purpose.

### BUCKWHEAT CAKES.

2 cups buckwheat	$\frac{1}{2}$ compressed yeast cake
$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ cup lukewarm water
1 teaspoon salt	2 cups warm water
4 tablespoons molasses	1 teaspoon soda

*Process:* Sift buckwheat, corn meal and salt together, add yeast cake dissolved in half cup warm water, add molasses and water; beat thoroughly. Cover, set to rise over night in warm place (70° F.). In the morning beat briskly, add soda, beat again and fry on hot griddle.

### FLANNEL CAKES.

2 cups scalded milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ compressed yeast cake	1 tablespoon melted butter
$\frac{1}{2}$ cup corn meal	1 egg
$1\frac{1}{2}$ cups white flour	

*Process:* Set the following mixture to rise over night; scald meal with milk, add butter and flour; when mixture is lukewarm add yeast dissolved in one-fourth cup of lukewarm water, cover and set to rise in a warm place (68° F.). In the morning add salt, and egg; yolk and white beaten separately. Cook as griddle cakes.

### NORFOLK WAFFLES.

$1\frac{1}{2}$ cups boiling water	$3\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup corn meal	$1\frac{1}{2}$ teaspoons salt
$1\frac{1}{2}$ cups milk	3 eggs
3 cups flour	2 tablespoons butter
3 tablespoons sugar	

*Process:* Cook corn meal in water twenty minutes; add milk, and dry ingredients sifted, yolks of eggs lightly beaten, butter, and whites of eggs beaten stiff. Cook in hot well greased waffle iron; serve immediately.

## HOMINY PORRIDGE.

4 cups freshly boiled water      1 cup granulated hominy  
½ tablespoon salt

*Process:* Put boiling water in double boiler, add salt, and stir briskly while adding hominy; cook one hour, or more, stirring thoroughly occasionally. Serve with cream.

## STEAMED PEARL HOMINY (SAMP).

Stir one cup of Pearl hominy into two quarts boiling water, boil briskly five minutes, then remove vessel to back of range and simmer eight hours. Serve as a vegetable, seasoned with pepper, salt and butter, or serve hot or cold with cream.

## BALTIMORE SAMP.

Cover the Pearl hominy with boiling water, let cook five or six hours, adding boiling water when necessary. Then drain and cover with more boiling water; let cook over a very slow fire until tender, all day if necessary; be careful that it does not scorch. When done, season to taste with salt; serve with cream and sugar, or, if served as a vegetable, reheat two cups in two cups of cream sauce, to which may be added three tablespoons of grated cheese or one-half tablespoon finely chopped parsley.

## HOMINY WAFFLES.

1 cup hominy porridge packed solidly	3 tablespoons melted butter
2½ cups flour	5 teaspoons baking powder
1 cup milk	¾ teaspoon salt
	3 eggs beaten thick and light

*Process:* Sift flour, salt and baking powder together; add porridge, mix thoroughly, add butter; pour milk into beaten eggs and add to first mixture; beat until free from lumps; fry in hot, well greased waffle iron, allowing three cook's spoons to each waffle.

## HOMINY GRIDDLE CAKES.

1 cup hominy porridge	1 cup sweet milk
2 cups flour	3 tablespoons cream
5 teaspoons baking powder	1 egg
$\frac{3}{4}$ teaspoon salt	

*Process:* Sift flour, baking powder and salt together; add cold porridge and mix thoroughly to prevent mixture from being lumpy; beat egg very light; add milk and cream to egg and combine with first mixture; beat thoroughly and fry as griddle cakes.

## HOMINY MUFFINS.

1 cup porridge packed solidly	$\frac{3}{4}$ teaspoon salt
2 cups flour	$\frac{2}{3}$ cup milk
2 teaspoons sugar	2 tablespoons melted butter
4 teaspoons baking powder	2 eggs beaten very light

*Process:* Sift flour, salt, sugar and baking powder together, add porridge and mix well, add melted butter and milk, beat until free from lumps. Add lightly beaten eggs. Bake twenty minutes in a hot oven, in hot well buttered iron gem cups.

## GRANULATED HOMINY CRESCENTS.

Prepare a rule of "Hominy Porridge," pour into a shallow granite dripping pan to the depth of one-third inch, chill. Then turn out on a molding board and shape with crescent cutter. Dip each crescent into flour, egg, and cracker meal, lay in croquette basket and fry in deep fat. Drain on soft brown paper, sprinkle each on top side with finely chopped parsley, and serve with the game course. This mixture should not be turned into either a tin or Russia dripping pan, as it will show rust spots. It may be cut in any desired shape.

## HOMINY CROQUETTES.

Shape into balls, one quart of well cooked, highly seasoned fine hominy. Roll in cracker crumbs, dip in one egg, slightly



beaten and diluted with two tablespoons cold water, then again in cracker crumbs. Fry in deep fat. Drain on brown paper, and serve as a vegetable with cheese sauce; or sweeten the mixture to taste, flavor with grated lemon peel, shape, crumb and fry; serve as dessert with maple syrup.

### GRANULATED HOMINY CRUSTS.

1 cup cold boiled fine hominy	1 egg
2 tablespoons sugar	Flour, salt and milk

*Process:* Cook the hominy in double boiler, in milk enough to make a thin batter and until the hominy is very soft. Add salt to taste, egg well beaten, and sufficient flour to hold mixture together. Spread in well buttered pan one-third inch thick. Bake in hot oven. Split and serve with butter and maple syrup.

### HOMINY DROP CAKES.

2 cups hot well seasoned fine hominy	1 tablespoon water
	2 eggs

*Process:* Add water to hominy. Beat the yolks very light; add to first mixture; add whites beaten stiff. Drop mixture by tablespoonfuls on well buttered tin sheets and bake a rich brown in hot oven. Serve with maple syrup.

### GNOCCHI AU GRATIN.

1½ cups fine hominy or corn meal	1 cup grated cheese
1 cup milk	½ cup cracker crumbs
1½ tablespoons butter	3 tablespoons melted butter
Thin white sauce (about 1½ cups)	½ teaspoon salt
	Few grains cayenne

*Process:* Scald milk in double boiler, add butter and salt, and sift in slowly the hominy or corn meal, stirring constantly. Cook until mixture becomes a stiff paste. Mold mixture into quennelles with two teaspoons, poach these in simmering chicken stock or water. Drain and arrange them in a shallow

baking dish in a layer, cover with white sauce and a thin layer of grated cheese, a few grains cayenne. Continue with layers until all materials are used, having a thin layer of sauce and cheese on top. Butter the cracker crumbs and sprinkle over the top. Bake in hot oven fifteen minutes. Bechamel Sauce may be used in place of white sauce, making this dish still more delicious.

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## PART III

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*"And the maize-field grew and ripened,  
Till it stood in all the splendour  
Of its colors green and yellow,  
Of its tassels and its plumage."*

### COLONIAL INDIAN SUET PUDDING.

4 cups scalded milk	$\frac{1}{2}$ tablespoon ginger
1 cup corn meal	$\frac{1}{2}$ teaspoon cinnamon
1 cup creamed suet	$\frac{3}{4}$ cup seed and shredded raisins
1 cup molassés	
2 eggs	2 cups cold milk
1 teaspoon salt	$\frac{1}{2}$ cup cold water

*Process:* Stir the meal slowly into the milk, add remaining ingredients in the order given, except the cold water and milk; lastly add eggs, beaten thick and light; pour into well buttered baking dish; pour cold water and milk over top (do not stir these into mixture). Bake slowly in a moderate oven three hours. Serve with Hard Sauce or cream and sugar.

### BAKED CORN MEAL PUDDING.

$\frac{1}{4}$ cup corn meal	$\frac{1}{2}$ cup molasses
1 cup cold water	$\frac{1}{2}$ teaspoon salt
2 cups scalded milk	1 teaspoon cinnamon
$\frac{1}{2}$ cup sugar	1 teaspoon ginger
2 eggs slightly beaten	$\frac{1}{2}$ cup milk (extra)

*Process:* Stir corn meal into cold milk, add to scalded milk, add sugar, molasses, salt, cinnamon, ginger and egg slightly beaten. Pour into a buttered pudding dish; bake thirty minutes; pour over the extra half cup of cold milk, and bake two hours, in a moderate oven, without stirring.

## BOILED COLONIAL INDIAN PUDDING.

2 cups molasses	1 pound beef suet chopped fine
2 cups milk	1 teaspoon cinnamon
4 eggs	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ tablespoon ginger	Nutmeg and grated lemon rind
$\frac{1}{2}$ teaspoon salt	Corn meal

*Process:* Heat the molasses over the fire just below the boiling point, add milk, suet and seasoning, then the eggs well beaten; add sufficient corn meal to make a stiff batter. Flour a cloth, first dipping it into boiling water. Turn mixture into it and tie securely, leaving room for pudding to swell. Place in a covered kettle of boiling water and cook three hours. Serve with Brandy, Vanilla or Lemon sauce.

## APPLE AND BROWN BREAD PUDDING.

2 cups brown bread crumbs	1 egg
2 cups chopped apple	2 tablespoons flour
$\frac{2}{3}$ cup finely chopped suet	$\frac{1}{2}$ teaspoon salt
1 cup seed raisins	1 cup milk
$\frac{1}{2}$ cup brown sugar	

*Process:* Mix bread crumbs and apple, add suet, raisins mixed with flour, and salt, add milk and beat thoroughly. Steam in buttered molds two hours. Serve with Lemon or Brandy Sauce.

## STEAMED INDIAN MEAL PUDDING.

1 cup corn meal	$\frac{1}{3}$ cup finely chopped suet
$\frac{1}{4}$ cup sour milk	1 teaspoon salt
$\frac{1}{2}$ cup N. O. molasses	$\frac{1}{2}$ teaspoon ginger

*Process:* Mix corn meal, molasses, suet and ginger, dissolve soda in sour milk, add to first mixture. Beat well, pour into well buttered mold and steam four hours. Serve with Lemon or Molasses Sauce.

## INDIAN RICE PUDDING.

4 cups scalded milk	2 tablespoons butter
$\frac{1}{4}$ cup rice	$\frac{1}{2}$ tablespoon ginger
$\frac{1}{4}$ cup Indian meal	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup molasses	

*Process:* Cook the meal in milk in double boiler twenty

minutes, add rice (uncooked), molasses, butter and seasoning. Pour in buttered pudding dish and bake in moderate oven two hours. Stir well after cooking one-half hour; finish cooking without stirring.

### INDIAN RICE PUDDING WITH APPLES.

To Indian Rice Pudding add two cups pared and chopped Greening apples. Serve with Hard Sauce.

### CORN MEAL TAPIOCA PUDDING.

$\frac{1}{4}$ cup corn meal	$\frac{1}{2}$ tablespoon ginger
$\frac{1}{8}$ cup tapioca	$\frac{1}{2}$ cup seeded and shredded raisins
4 cups scalded milk	$1\frac{1}{2}$ cups cold milk
2 tablespoons butter	1 cup molasses
$\frac{1}{2}$ teaspoon salt	

*Process:* Mix corn meal, tapioca and stir slowly into scalded milk. Cook in double boiler, until tapioca becomes transparent, stirring occasionally; add molasses, salt, ginger, butter and raisins; turn into buttered baking dish. Pour the cold milk over the top; place in oven. Bake one hour; stir once during baking period. Serve with Hard Sauce or Cream.

### INDIVIDUAL CORN MEAL PUDDINGS.

Prepare a rule of Hasty Pudding (Corn Meal Mush). Beat three eggs very light, add one cup molasses, two tablespoons melted butter, one teaspoon soda, one half tablespoon ginger, add sufficient mush to this mixture to make a thick batter. Turn into hissing hot well greased gem cups to half their depth; press a large seeded raisin into each. Sprinkle top with sugar and cinnamon, add a small dot of butter to each, and bake in a hot oven a rich brown. Serve with Hard Sauce.

### DELICATE INDIAN MEAL PUDDING.

4 cups scalded milk	1 tablespoon butter
5 tablespoons corn meal	3 eggs
4 tablespoons sugar	$1\frac{1}{2}$ teaspoons ginger
1 teaspoon salt	

*Process:* Scald milk in double boiler, add corn meal

slowly, while stirring briskly; let cook fifteen minutes, stirring occasionally while cooking; add salt, sugar and butter, then remove from range; when slightly cool add eggs beaten thick and light. Turn mixture into buttered pudding mold and bake in moderate oven one hour. Serve with Hard Sauce or Cream.

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## CORNSTARCH PUDDINGS

### IVORY CORNSTARCH PUDDING.

2 cups scalded milk	5 tablespoons sugar
4 tablespoons corn starch	3 egg whites
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

*Process:* Mix cornstarch, sugar and salt, add scalded milk, stirring constantly, until mixture thickens; cook thirty minutes in double boiler, stirring occasionally. Add the whites of eggs, beaten stiff, mix thoroughly, add flavoring. Pour into wet mold, chill and serve with cold sweet cream.

### GOLDEN CORNSTARCH PUDDING.

Follow recipe for Ivory Cornstarch Pudding, substituting yolks of three eggs for the three whites. Flavor with one-fourth teaspoon each of Vanilla and Lemon extract. Mold, chill, and serve.

### CORNSTARCH FRUIT MOLD.

Follow recipe for Ivory or Golden Cornstarch Pudding, adding one cup of chopped candied fruits, or cooked fruits, drained from their liquor, halves of apricots, sliced peaches, stewed and stoned prunes, to the pudding before molding. If the fruit is in large portions, these may be arranged attractively in bottom of wet mold and mixture poured over, patted into place, and chilled thoroughly. Unmold. Serve surrounded with whipped cream.

## COCOANUT MOLD.

Follow recipe for Ivory Cornstarch Pudding, adding one cup freshly grated cocoanut. Mold in individual molds; garnish each with a cherry cut in quarters. Serve with Boiled Custard or Whipped Cream, sweetened and flavored.

## ELIZABETH PUDDING.

4 cups scalded milk	$\frac{1}{2}$ cup cold milk
$\frac{1}{2}$ cup cornstarch	1 teaspoon lemon or vanilla
$\frac{1}{8}$ cup sugar	3 eggs, whites
$\frac{1}{4}$ teaspoon salt	

*Process:* Mix sugar, cornstarch and salt, dilute with cold milk, add scalded milk, stirring continually until mixture thickens; cook fifteen minutes. Flavor; fold in whites of eggs beaten stiff, mix carefully to retain fluffy consistency, mold, chill and serve with Boiled Custard or Golden Sauce.

## SNOW BALLS WITH CHOCOLATE SAUCE.

Follow recipe for Elizabeth Pudding. Mold in round bottom molds, chill, and serve with Chocolate Sauce.

## PINEAPPLE PUDDING.

$2\frac{3}{4}$ cups scalded milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup cold milk	$\frac{1}{2}$ can finely chopped pineapple
$\frac{1}{8}$ cup corn starch	3 egg whites
$\frac{1}{8}$ cup sugar	

*Process:* Follow method of making Elizabeth Pudding, adding fruit just before molding. Fill small fancy molds, first dipped in cold water, chill. Serve each mold on a circle of canned pineapple; the juice of the pineapple may be thickened slightly and poured over each, or whipped cream may be used.

## CHOCOLATE CORNSTARCH CONES.

$\frac{1}{4}$ cup cornstarch	3 egg whites
$\frac{1}{8}$ cup cold milk	$\frac{1}{2}$ teaspoon vanilla
2 cups scalded milk	$1\frac{1}{2}$ squares chocolate
$5\frac{1}{2}$ tablespoons sugar	2 tablespoons sugar
$\frac{1}{4}$ teaspoon salt	Blanched almonds

*Process:* Dilute cornstarch with cold milk; add sugar,



salt and scalded milk. Melt chocolate over hot water; add sugar and enough of hot mixture to the consistency to pour. Combine mixtures and cook in double boiler twenty minutes, stirring continually. Remove from range; when slightly cool, cut and fold in the whites of eggs beaten stiff, add vanilla. Turn into wet cone shaped molds, decorated with almonds arranged like a star. Chill thoroughly, unmold and surround each with whipped cream, sweetened and flavored. Force through pastry bag, using star tube.

### RACHEL CORNSTARCH PUDDING.

2 cups scalded milk	1½ squares chocolate
⅓ cup corn starch	3 tablespoons boiling water
½ cup sugar	3 whites of eggs
¼ teaspoon salt	1 teaspoon vanilla
½ cup cold milk	½ cup shredded almonds

*Process:* Mix sugar, cornstarch and salt; dilute with cold milk. Add to scalded milk slowly while stirring constantly; cook fifteen minutes or until mixture thickens. Melt chocolate, add hot water, stir to a smooth paste; add to cooked mixture; add blanched and shredded almonds. Fold in whites of eggs beaten stiff, and flavoring. Turn into fancy ring mold, wet with cold water. Chill, unmold, fill center with whipped cream.

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## PUDDING SAUCES

### VANILLA SAUCE.

½ cup sugar	1 cup boiling water
1 tablespoon corn starch	2 tablespoons butter
⅛ teaspoon salt	1 teaspoon vanilla extract

*Process:* Mix and sift sugar and cornstarch; add salt; pour on gradually boiling water, stirring constantly. Simmer ten minutes; remove from range; add butter and vanilla; beat well and serve.

## LEMON SYRUP.

1 cup sugar	1 tablespoon lemon juice
$\frac{1}{4}$ cup water	A slight grating lemon rind
1 teaspoon butter	

*Process:* Boil water, sugar and lemon peel until it slightly thickens; add butter and lemon juice; beat with gem whip to blend butter; strain and serve at once with Waffles or Fritters.

## WHIPPED CREAM SAUCE.

1 cup heavy cream	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup powdered sugar	

*Process:* Whip cream until stiff, using Dover egg beater. Add sugar and vanilla, chill thoroughly.

## BOILED CUSTARD.

2 cups scalded milk	$\frac{1}{8}$ teaspoon salt
4 egg yolks	$\frac{1}{2}$ tablespoon vanilla or 1 ta-
$\frac{1}{3}$ cup sugar	blespoon sherry

*Process:* Beat yolks slightly; add sugar and salt; stir constantly while adding scalded milk slowly. Cook in double boiler. Continue stirring until mixture thickens the consistency of thin cream; strain immediately. Chill and flavor. Do not allow the water in double boiler to boil vigorously while cooking custard, as this will curdle the custard. Mixture should form a coating on the wooden spoon; it is then cooked sufficiently.

## GOLDEN SAUCE.

2 whole eggs	$\frac{1}{2}$ teaspoon vanilla
1 egg yolk	2 tablespoons sherry
1 cup sugar	

*Process:* Beat eggs very light; add sugar gradually; add flavoring and beat thoroughly.

## CHOCOLATE SAUCE.

2 cups milk	2 tablespoons hot water
1½ tablespoons corn starch	2 eggs
2 squares chocolate	⅔ cup powdered sugar
¼ cup powdered sugar	1 teaspoon vanilla

*Process:* Reserve one-fourth cup of milk and scald the remainder. Dilute cornstarch with cold milk and add to scalded milk. Cook ten minutes in double boiler, stirring constantly. Melt chocolate over boiling water; add fourth cup sugar and hot water; stir to a smooth paste; add to cooked mixture. Beat whites of eggs stiff, add powdered sugar slowly, and continue beating. Then add yolks slightly beaten; add to first mixture. Cook two minutes; cool slightly, and flavor.

## MOLASSES SAUCE.

1 cup Palmetto molasses	2½ tablespoons lemon juice or
2 tablespoons butter	malt vinegar

*Process:* Cook molasses and butter together five minutes; remove from range and add lemon juice, or vinegar.

## BRANDY SAUCE.

¼ cup butter	¼ cup Hennessy brandy
½ cup sugar	1 tablespoon Jamaica rum
2 egg yolks well beaten	2 egg whites
⅛ teaspoon salt	Nutmeg
½ cup hot cream or milk	

*Process:* Cream the butter; add sugar gradually, beating continually; add the egg yolks and salt. Pour on slowly hot milk or cream. Cook over hot water until a delicate coating is formed on the wooden spoon. Remove from range; add brandy and rum; pour this mixture gradually over the whites of eggs beaten stiff, beating constantly with gem whip; sprinkle with nutmeg.

## HARD SAUCE.

$\frac{1}{2}$  cup butter  
1 cup powdered sugar  
 $\frac{1}{2}$  teaspoon lemon extract

$\frac{1}{2}$  teaspoon vanilla  
Nutmeg

*Process:* Cream butter in earthen bowl with wooden spoon; add sugar slowly, beating constantly; add flavoring. Brandy may be substituted for extracts. Force mixture through pastry bag with rose tube, onto a cold plate; sprinkle with nutmeg; keep in cool place until ready to serve.

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## SAVORY SAUCES

### THIN WHITE SAUCE.

2 tablespoons butter  
 $1\frac{1}{2}$  tablespoons flour  
 $\frac{1}{4}$  teaspoon salt

Few grains pepper  
1 cup hot milk

*Process:* Melt the butter in a saucepan, add flour mixed with the seasonings; let cook one minute; stir to a smooth paste. Then add milk gradually, and beat with gem whip until smooth and glossy.

### CHEESE SAUCE.

Follow recipe for Thin White Sauce, adding one-half cup Edam or American Cream Cheese and a few grains of cayenne.

### BECHAMEL SAUCE.

4 tablespoons butter  
4 tablespoons flour  
1 cup highly seasoned chicken stock

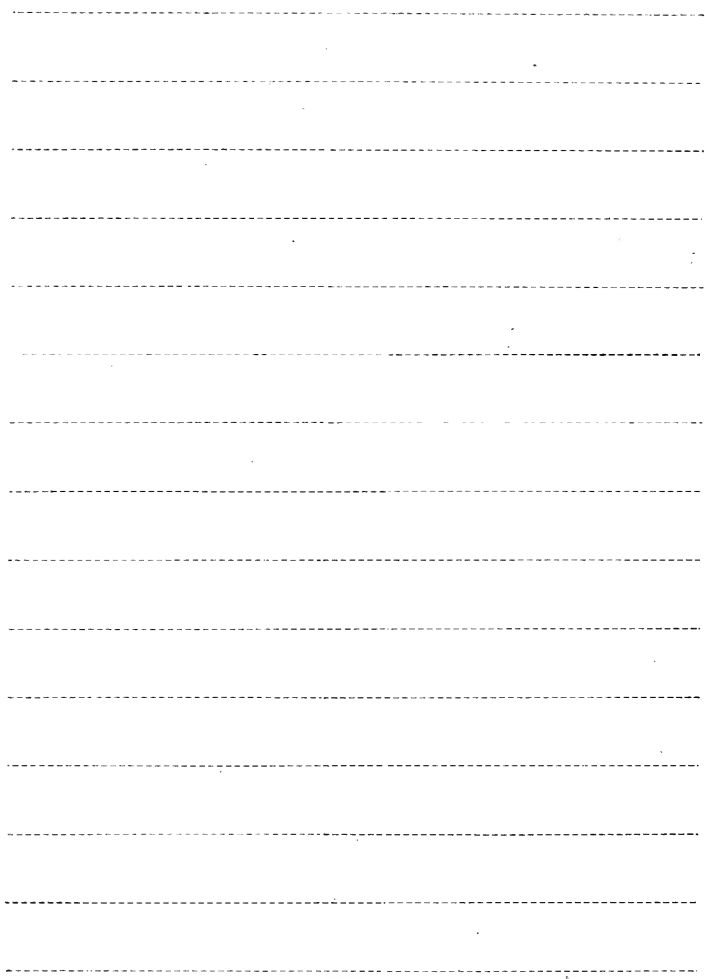
1 cup hot cream  
Nutmeg

*Process:* Melt butter in saucepan; add flour, stir to a smooth paste. Cook one minute. Add stock, beating constantly; add cream and a slight grating of nutmeg. Beat Saute in tried out salt pork fat, or butter.

## TOMATO SAUCE.

4 tablespoons butter	Bit of bay leaf
5½ tablespoons flour	Sprig of parsley
1½ cups Brown stock	4 cloves
1½ cups stewed and strained tomatoes	¾ teaspoon salt
1 slice carrot	¼ teaspoon pepper
1 slice onion	Few grains cayenne

*Process:* Brown butter in saucepan, add flour, stir to a smooth paste, and continue browning. Add seasonings, pour on gradually, brown stock, stirring constantly. Add tomato pulp; stir briskly and let simmer fifteen minutes. Strain and serve.



## PART IV

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*"And the maize-ears full and shining  
Gleamed from bursting sheaths of verdure."*

### HOW TO COOK GREEN AND CANNED CORN.

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#### BOILED GREEN CORN.

Remove outer husks, strip back the inner one; pick out all the silky threads, fold back the husks and cook corn in boiling water from ten to twenty minutes, according to the age of the corn; add salt last half of cooking period. Drain well. Serve on platter in napkin, folding the corners over the corn.

#### GREEN CORN BOILED IN MILK.

Follow recipe for Boiled Green Corn, using equal parts of skimmed milk and water. Salt the milk and water five minutes before removing corn. Drain; serve enfolded in a napkin.

#### ROASTED GREEN CORN.

Select the desired number of ears of young green corn; remove the husks and silk; brush over lightly with melted butter, place on grate in hot oven, turn as corn browns. Roast twenty-five minutes. Serve in folded napkin immediately.

#### CORN WITH CREAM.

Shave corn from cob while hot. There should be two cups. Turn into saucepan and season with salt, pepper and one teaspoon sugar; add one and a half tablespoons butter and

three tablespoons cream, reheat and serve. When cutting corn from cob do not cut so deep that portions of cob are shaved off with corn.

### FRIED GREEN CORN.

Cut the corn from cob, using care that none of the cob is cut with it. Melt butter in a spider, add corn, separate the kernals, and stir until corn is delicately browned; use as little butter as possible; season with salt, pepper and a little rich cream. Do not allow mixture to boil after cream is added. Serve around chicken croquettes.

### STEWED GREEN CORN.

Cut the corn from one dozen ears of tender green corn. Put the corn in a saucepan, add sufficient water to cover; bring to boiling point and cook twenty minutes. There should be very little moisture left. Add one-half cup cream or milk, one teaspoon sugar, one tablespoon butter, and season with pepper and salt. For a change use equal parts of corn and tomatoes; season the same. Tomatoes should be peeled, cut in quarters and all the seeds scraped out. Cook until tender with the corn.

### SUCCOTASH.

Cut hot boiled corn from the cob; add equal quantity of hot boiled lima beans; season with butter, salt and pepper.

### SOUTHERN SUCCOTASH.

6 ears of green corn	1 tablespoon sugar
2 cups green lima beans	Salt and pepper
$\frac{1}{4}$ pound salt pork	

*Process:* Cut the corn carefully from the cob. Put the cobs in water to cover; let them boil twenty minutes. Remove the cobs and strain the liquor over the cut corn; add the beans



and salt pork cut in half-inch cubes; add sugar and season with salt and pepper. Let simmer slowly one hour until the moisture is evaporated to the desired consistency. In the south this dish resembles soup somewhat. It is more generally liked, however, served as a vegetable about the consistency of stewed corn; two or three tablespoons of hot cream added just before serving is an addition to this dish.

### CORN SOUTHERN STYLE.

2 cups cooked corn or 1 can of corn	$\frac{1}{8}$ teaspoon pepper
2 eggs slightly beaten	1 teaspoon sugar
1 teaspoon salt	$1\frac{1}{2}$ tablespoons melted butter.
	2 cups scalded milk.

*Process:* Mix the ingredients in the order given, turn mixture into a buttered pudding dish and bake until mixture is firm. Serve with Fried Chicken.

### CORN OYSTERS.

2 cups green corn pulp.	$\frac{1}{2}$ teaspoon sugar
1 tablespoon melted butter	2 eggs well beaten
$\frac{1}{4}$ teaspoon salt	Pepper and flour

*Process:* With a sharp knife cut through the kernels, scrape out the pulp; add the butter, seasoning and eggs, and lastly sufficient flour to shape in small cakes the size of N. Y. Counts. Saute in tried out salt pork fat, or butter.

### CORN A LA MEXICAN.

6 tomatoes	$\frac{3}{4}$ teaspoon salt
2 tablespoons butter	2 cups hot green corn
1 green pepper finely chopped	1 tablespoon butter or cream
1 small clove garlic or 1 teaspoon finely chopped onion.	

*Process:* Cut tomatoes in quarters, scrape out all the seeds. Melt butter in saucepan, add pepper and garlic; cook without browning three minutes; add tomatoes and salt; cook five minutes; add corn freshly boiled and cut from the cob; add a

tablespoon of butter or cream and serve. Before chopping pepper, pour boiling water over, let stand one minute, then peel off the tissue-like skin covering it. Pimientos may be used when green peppers are not available.

### CORN CROQUETTES.

1 quart grated green corn	$\frac{1}{4}$ teaspoon pepper
2 cups milk or thin cream	1 teaspoon sugar
2 tablespoons butter	2 well beaten eggs
2 tablespoons cheese	3 tablespoons flour
1 teaspoon salt	

*Process:* Cook corn and flour in milk in double boiler twenty minutes; add butter, cheese, salt, pepper, sugar and well beaten eggs; spread in granite dripping pan to the depth of one inch. When cold cut in two-inch squares, dip in flour, egg and cracker crumbs; fry in deep fat. Drain on brown paper and serve with Fried Chicken.

### CORN FRITTERS. No. 1.

1 cup canned corn	1 teaspoon sugar
1 well beaten egg	Salt and pepper
$\frac{1}{4}$ cup flour	

*Process:* Mix corn, flour and sugar together, add well beaten egg, season highly with salt and pepper, and drop on well buttered hot griddle about the size of N. Y. Counts. Brown on one side and turn and brown on the other. Serve with Fried Chicken or chicken croquettes.

### CORN FRITTERS. No. 2.

1 cup corn cut from cob	1 teaspoon sugar
1 cup flour	$\frac{1}{2}$ cup milk
1 teaspoon salt	1 tablespoon olive oil
Few grains cayenne	1 egg lightly beaten

*Process:* Beat egg thoroughly; add remaining ingredients in order given. Drop by tablespoonfuls into deep hot fat. Cook six to eight minutes, turning often. Drain on brown paper and serve surrounding Broiled Chicken.

## CORN OMELET.

4 eggs beaten separately	1 teaspoon sugar
4 tablespoons hot water	1½ tablespoons butter
1 teaspoon salt	1 cup corn cut from the cob or
⅓ teaspoon pepper	canned corn

*Process:* Beat the yolks thick and light; add salt, pepper, sugar, corn and hot water; beat well. Whip whites until stiff, and cut and fold them into first mixture; blend thoroughly. Melt butter in iron spider; tip it so the sides are well buttered; turn in the mixture, spread evenly; cook ten minutes on top of range, then finish cooking in the oven. Fold as puffy omelet on a hot platter. Serve with Thin White, Cheese or Tomato Sauce.

## TOMATOES STUFFED WITH STUCCOTASH.

Wash, wipe and remove a thin slice from the stem end of six uniform sized tomatoes, scoop out the inside, sprinkle with salt, invert, let stand one-half hour. Mix the pulp with one cup of succotash, stuff tomatoes and arrange them in a granite dripping pan well buttered; sprinkle the top of each with buttered cracker crumbs. Bake in hot oven twenty minutes or until tender. Baste one with melted butter. Serve with Roast Loin of Veal.

## CORN TIMBALES.

2 tablespoons butter	½ cup soft bread crumbs
2 tablespoons onion	1 teaspoon sugar
2 tablespoons green pepper	1 teaspoon salt
2 cups hot green corn or 1 can of corn	⅓ teaspoon pepper
	3 eggs

*Process:* Melt butter in a saucepan, add onion and pepper finely chopped, cook five minutes without browning, stir constantly, add corn finely chopped, bread crumbs, sugar, salt and pepper; beat the yolks thick and light; add to first mixture; cut and fold in the whites beaten stiff. Fill well but-

tered timbale molds two-thirds full; set molds in pan of hot water and bake until mixture is firm. Serve with Tomato Sauce.

### CREAMED CORN AU GRATIN.

4 tablespoons butter	1 teaspoon sugar
4 tablespoons flour	1½ cups rich milk
1 teaspoon salt	2 cups green corn cut from cob
⅛ teaspoon white pepper	¾ cup cracker crumbs
Few grains cayenne	¼ cup melted butter

*Process:* Melt butter, add flour, salt, pepper, sugar and gradually milk. Cook one minute and stir until smooth; then stir in corn, let boil up once, and turn into buttered baking dish; cover top with cracker crumbs mixed with melted butter and bake twenty minutes in a moderate oven.

### CORN CUSTARD.

1 cup cooked green corn or canned corn finely chopped	1 teaspoon sugar
4 eggs slightly beaten	⅛ teaspoon pepper
½ teaspoon salt	Few drops onion juice
	1¼ cups scalded milk

*Process:* Beat eggs slightly, add seasoning and pour on slowly scalded milk; continue beating; add corn, mix well; turn into a buttered baking dish set in pan of hot water; bake in moderate oven twenty to twenty-five minutes. Stir mixture once while cooking to prevent corn from settling to the bottom of dish. Turn on serving platter and surround with Broiled Tomatoes.

### GREEN CORN GRIDDLE CAKES.

1 cup grated cold cooked green corn	2½ cups flour
2 tablespoons melted butter	2 teaspoons baking powder
1 tablespoon sugar	1 egg lightly beaten
	2 cups sweet milk

*Process:* Add butter, salt and sugar to grated corn; sift flour and baking powder together; add to first mixture alternately with the milk, add lightly beaten egg and cook on hot well greased griddle.

## CORN HASH.

(*Relish to serve with meats, etc.*)

½ small head cabbage	2 medium-sized onions
2 green peppers	3 cups freshly cooked corn
1 cup sugar	1 tablespoon whole black pepper
3 tablespoons whole mustard seeds	1 tablespoon celery seed
1 red pepper	Vinegar to cover
	Salt to taste

*Process:* Chop cabbage, peppers and onion very fine, add corn freshly boiled and cut from the cob. Add sugar, mustard, celery seed and pepper. Mix well, season to taste with salt, add vinegar, and simmer twenty minutes. This may be bottled and stored in a cool place.

## CREAM OF CORN SOUP.

1 can corn	1 teaspoon sugar
2 cups boiling water	2 tablespoons butter
2 cups thin cream or milk, scalded	2 tablespoons flour
1 slice onion	1 teaspoon salt
	½ teaspoon white pepper

*Process:* Chop the corn from one can fine, add boiling water, cook slowly twenty minutes. Scald milk with onion, remove onion and add milk to corn. Add sugar and bind with butter and flour cooked together. Add salt and pepper. Serve with freshly popped corn slightly salted.

## CORN SOUP WITH TOMATOES.

2 cups grated cooked green corn or 1 can of corn without hulls	1 small clove of garlic finely chopped
1½ cups tomatoes	6 cups well seasoned chicken stock
½ green or red pepper	Salt and pepper
1 tablespoon onion finely chopped.	

*Process:* Peel and quarter tomatoes, scrape out all the seeds, add tomatoes, corn, pepper, onion and garlic to stock; place kettle on range, bring to boiling point, cook rapidly

five minutes, reduce heat and simmer until vegetables are tender [about thirty minutes]. Season with salt and pepper. Serve with croutons.

### CORN SOUP WITH WHIPPED CREAM.

6 ears of corn or 1 can of corn	1 teaspoon sugar
2 cups cold water	1½ teaspoons salt
2 tablespoons finely chopped onion	3 tablespoons butter
	3 tablespoons flour
2 cups scalded milk	1 cup whipped cream

*Process:* Cut corn from cob, chop fine, add water and cook twenty minutes. Rub through a puree strainer; add scalded milk. Cook onion in butter five minutes (do not brown it), remove onion, add flour and cook one minute, add seasoning and corn mixture. Mix well, bring to boiling point, cook five minutes, and pour over whipped cream placed in bottom of hot soup tureen. Serve with Crisp Crackers.

### CORN CHOWDER.

2 cups of cooked green corn or · 1 can corn	2 cups boiling water
1 cup salt pork cut in half cubes	3 cups milk
4 cups potatoes cut in ¼-inch cubes	3 tablespoons butter
½ onion sliced	4 Boston crackers
	Salt, pepper and few grains cayenne

*Process:* Try out the cubes of pork in saucepan, add onion and cook five minutes without browning; strain fat into stew pan. Parboil potato cubes five minutes; drain, add potatoes to fat; add two cups boiling water; continue cooking until potatoes are tender. Add corn, and milk scalded, bring to boiling point. Season with salt, pepper and cayenne; add butter and crackers, the latter split and soaked in cold milk enough to cover. Remove crackers with skinner, turn chowder into hot tureen, place crackers on top and serve immediately. A delicious chowder may be made by substituting the same quantity of succotash for the corn.

## CORN AND TOMATO SALAD.

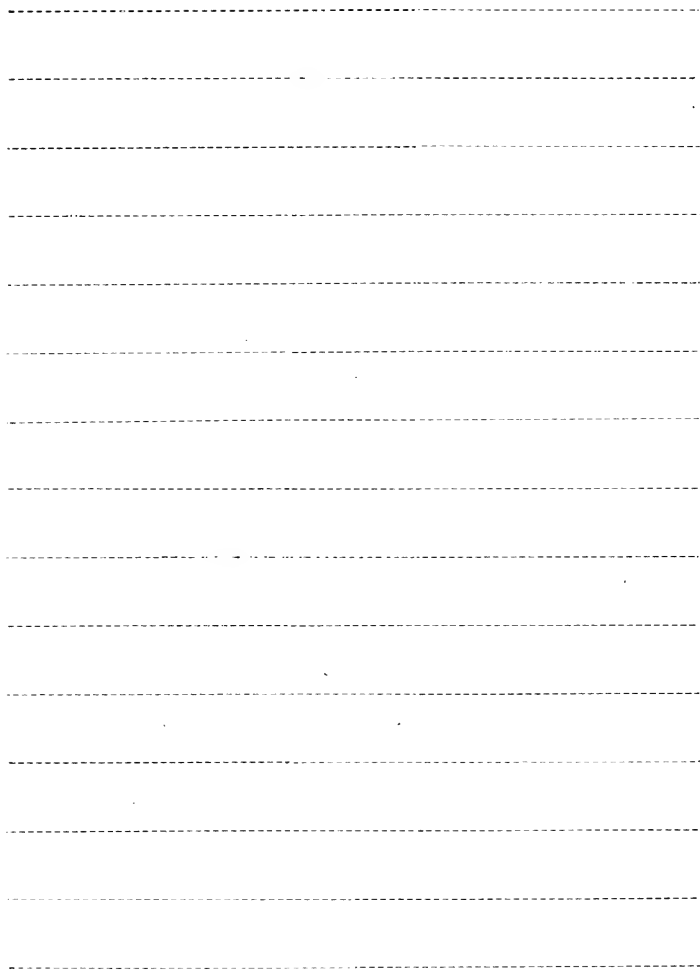
1 cup tomato pulp	1 teaspoon salt
1 slice onion	1 teaspoon Worcestershire sauce
2 slices carrot	$\frac{1}{8}$ teaspoon soda
1 blade celery broken in pieces	1 cup freshly cooked or canned corn (latter drained)
1 sprig parsley	1 tablespoon granulated gelatine
Bit of bay leaf	2 tablespoons cold water
4 cloves	
$\frac{1}{4}$ teaspoon pepper corns	

*Process:* Cook the first eight ingredients in a saucepan, twenty minutes, then rub through a strainer; add soda, salt, Worcestershire, and hot corn. Soak gelatine in cold water and dissolve over hot water. Remove first mixture from range, add gelatine, mix well; and pour into individual molds previously wet in cold water. Chill thoroughly, unmold and serve in nests of lettuce leaves; garnish with Mayonnaise Dressing.

## CORN SALAD.

2 cups freshly boiled green corn	4 young onions or 2 tablespoons finely chopped chives
$\frac{1}{2}$ green or red pepper	

*Process:* Cut tender, freshly cooked corn from the cob, add pepper and onion finely chopped, toss lightly and marniate with French Dressing; let stand to ripen one hour, then serve in nests of endive with or without Mayonnaise Dressing.





## PART V

### MISCELLANEOUS RECIPES

#### BOSTON VELVET CAKE.

$\frac{1}{2}$ cup butter	4 teaspoons baking powder
$1\frac{1}{2}$ cups fine granulated sugar	$\frac{1}{8}$ teaspoon salt
4 egg yolks	4 egg whites
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ teaspoon almond extract
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup blanched and shredded almonds
$\frac{1}{2}$ cup corn starch	

*Process:* Cream butter, add sugar gradually, yolks of eggs beaten very light and water. Sift the flour, cornstarch, salt and baking powder; add to first mixture. Lastly, cut and fold in the whites of eggs beaten stiff, add extract, and turn mixture into a buttered and floured shallow cake pan. Sprinkle almonds over the top of cake. Bake thirty-five minutes in a moderate oven. Do not frost this cake.

#### CORNSTARCH CAKE.

$\frac{7}{8}$ cup butter	$4\frac{1}{2}$ teaspoons baking powder
2 cups fine cake sugar	5 egg whites
1 cup milk	$\frac{1}{2}$ teaspoon each lemon and vanilla extract
1 cup corn starch	
2 cups flour	

*Process:* Cream the butter with a wooden spoon, in an earthen mixing bowl; add sugar gradually; sift cornstarch, flour, salt and baking powder together twice; add alternately to first mixture with milk; lastly, cut and fold in the whites of eggs beaten stiff, add extract. Turn mixture into two brick-shaped bread pans, buttered and floured. Bake forty-five minutes in moderate oven. Frost with Boiled Frosting.

## BOILED FROSTING.

1 cup granulated sugar	1 egg white beaten stiff
$\frac{1}{8}$ teaspoon cream tartar	$\frac{1}{4}$ teaspoon vanilla extract
$\frac{1}{4}$ cup cold water	

*Process:* Mix well, sugar, cream tartar and cold water in a sauce pan, place on range, bring to boiling point, stirring constantly, cook without stirring until the syrup drops from wooden spoon like honey. Remove from range, add three tablespoons of syrup to the white of egg, beating constantly; return remaining syrup to range and cook until it will spin a thread; remove from range at once and pour syrup into first mixture. Continue beating, add vanilla. Beat until frosting cools slightly and begins to glaze on sides of pan. Pour on cake, spread evenly, let cool before cutting cake.

## POPCORN BRITTLE.

3 cups brown sugar	$\frac{1}{2}$ cup butter
1 cup N. O. molasses	2 teaspoons soda
$\frac{1}{2}$ teaspoon cream tartar	2 tablespoons hot water
3 cups freshly popped corn	

*Process:* Boil the first three ingredients in an iron kettle to the "hard Crack" degree ( $310^{\circ}$  F.), i. e., when a little of the syrup is dropped into ice water it will form a hard ball and when pressed between the teeth it will not stick, but will leave them clean and free from taffy; add butter, and when it is well blended add popcorn; stir it well. Remove from range, add soda dissolved in hot water, stir briskly; when mixture begins to rise, turn it on an oiled or buttered marble slab, or platter, spread thin and evenly; when cold break in small pieces.

## POPCORN BALLS.

*(Old Fashioned.)*

2 cups N. O. molasses	1 tablespoon vinegar
1 cup brown sugar	$\frac{1}{2}$ teaspoon soda
2 tablespoons butter	4 quarts freshly popped corn

*Process:* Cook the first four ingredients in a large iron

kettle to the "hard Crack" as in the foregoing recipe. Remove to back of range, add soda dissolved in one tablespoon hot water; when mixture begins to rise stir in popcorn; mix well and rapidly; turn out on a buttered or oiled platter and shape in balls. The latter part of this process must be done quickly, before taffy hardens.

### PARCHED SWEET CORN.

2 cups sweet seed corn

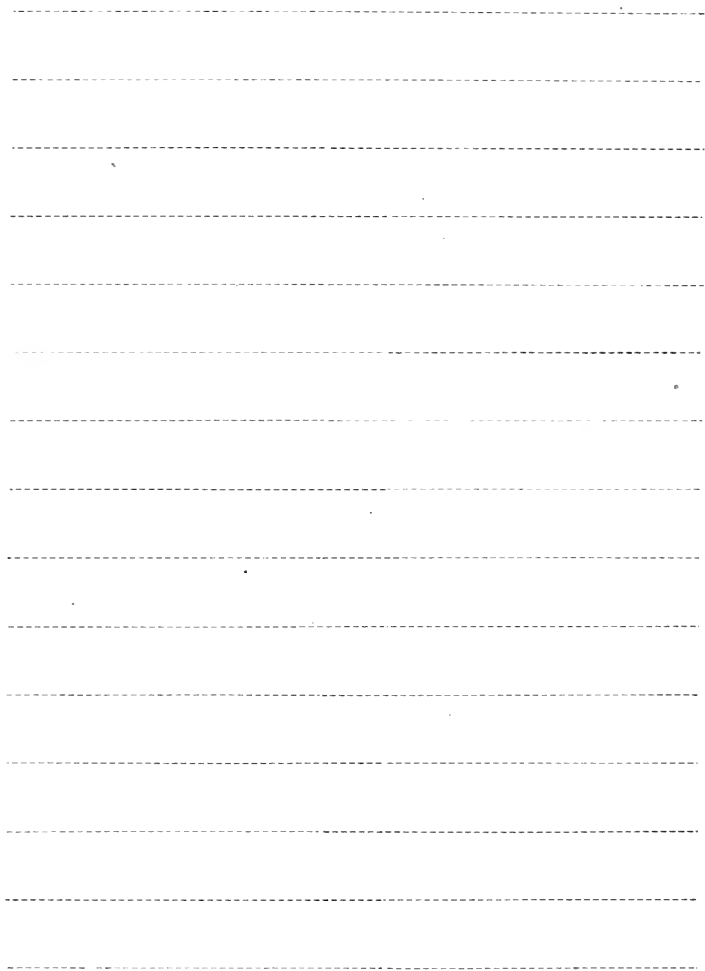
Salt

4 tablespoons butter

Boiling water

*Process:* Pick over corn, removing all imperfect kernels and bits of cob. Put corn in sieve and pour boiling water over it. Drain on crash towel. Melt butter in iron spider, add corn and stir constantly until each kernel is delicately browned and puffed. Drain on brown paper, sprinkle with salt. Shake corn in a coarse sieve to get rid of superfluous salt. Serve same as salted nuts. If one cup of corn is parched at a time it will brown more evenly.

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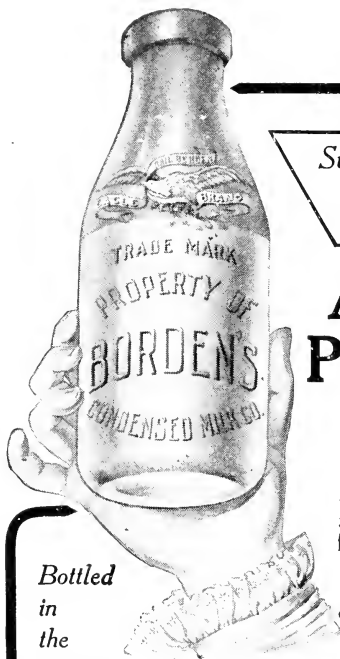
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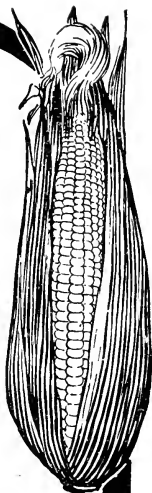
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